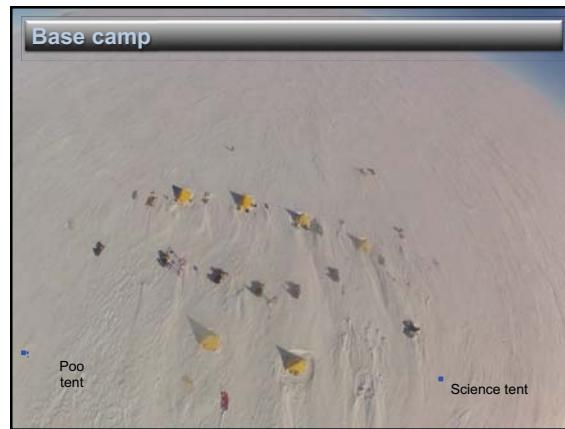
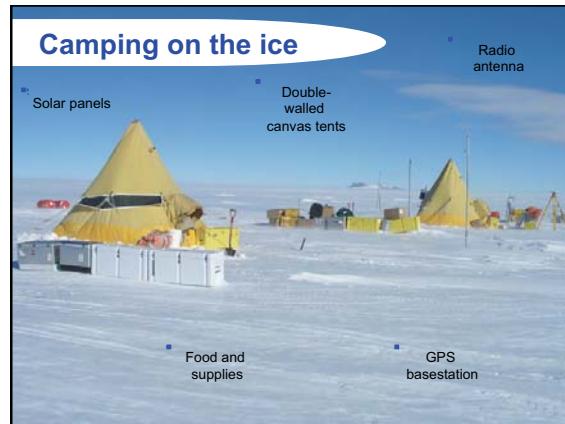


"If you've done ANSMET, you've done long duration space flight."

~ Don Pettit, ANSMET veteran and three-time Space Shuttle and International Space Station crew member.

harsh, isolated, dangerous, small quarters, limited communication



What we eat

Breakfast: oatmeal, dried & canned fruit

Lunch: sandwiches, english muffins fried in butter, instant soup

Snacks: trail mix, crackers, cookies, granola bars, lots of chocolate

Dinner: frozen vegetables, tofu, boxed pasta & rice mixes, curry, stirfry

Drinks: hot chocolate, tea, juice boxes, Raro (NZ Koolaid) – melt our own water!



